



Northern Puffer (Sugar Toad): Sphoeroide Maculatus

Market Forms:.....Whole, dressed, fillet, fresh, frozen

Size:..... 8-10 inches long, 1 pound or less

Taste and Texture.... It is a white meat, light, delicate sweet flavor

Seasonality:..... Puffer are available fresh from May to October and frozen year round.

Nutritional Value:..... Protein..... 23.2 grams
Fat.....0.7 grams
Potassium.....347 mg
Calcium..... 18 mg
Phosphorus.....138 mg

Substitutability:..... Similar in taste to white perch and sea bass.

Folklore:..... The puffer picks up its sugar toad name because of the sweet taste of its meat and because it's skin that is covered with small spines that looks like the fish has been sprinkled with sugar.

Harvesting:..... The bulk of commercially caught puffer are harvested by day boats with haul seines, gill nets, pound nets, and pilax trap because they prefer shallow water.

Safety/Quality:..... Virginia's waters and products are regulated by federal and state agencies including the FDA, the Virginia Department of Health, the Virginia Department of Agriculture and Consumer Services, the Virginia Department of Environmental Quality, and the Virginia Marine Resources Commission, insuring that only safe wholesome seafood reaches our customers.

Wild ~ Available

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